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# INPORTNEWS

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■ **PORT COLBORNE SPORTSFEST:** Snow golf, bike racing, arts and culture, and good eats

## Fun and games dished out for all

GREG FURMINGER/  
QMI Agency Niagara

For Josh Sekel, a Sunday drive through Port Colborne meant two wheels, steep hills, trees and a slippery surface.

The St. Catharines man from the Team 905 cycling club was one of the 104 riders taking part in the Frostbite Winter Mountain Bike Race, one of several events held this long holiday weekend for Port Colborne's Sportsfest.

"It's very fun — and it's very challenging," said Sekel. "You'd think the straight-way would be easier, but the rutts were a lot harder."

Even in the wooded areas of the Robinhood flour mill lands nearby the Welland Canal the course was made difficult by powdery snow that fell in the morning, and from that, from Wednesday's snowfall.

"There was no optimal line," he said.

The course was laid out over about 10 kilometres.

Some riders tackled it with traditional mountain bikes, others used spikes or knobby tires, some had 'fatbikes' that have been gaining popularity with hardcore riders over the past couple of years — basically mountain bikes with big, wide tires.

When it's been cold as it has recently, the snow isn't ideal for racing.

"It's kind of sugary, you slip around," said race coordinator Jeff Kerton.

See **SPORTSFEST** on Page 2



GREG FURMINGER/  
TRIBUNE STAFF

Rob Prouse of Hamilton competes in the Frostbite Winter Mountain Bike Race staged Sunday as part of Port Colborne Sportsfest.

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# LOCAL NEWS

## SPORTSFEST



Amanda Wilson prepares to take aim at a clay pigeon under the trap and skeet shoot event hosted Sunday by Port Colborne and District Conservation Club, one of the activities featured for Port Colborne Sportsfest.

GREG FURMINGER/TORBINE STAFF



Melanie Pyke keeps Roselawn Centre entertained Sunday during the Artfest component to Port Colborne Sportsfest.

GREG FURMINGER/TORBINE STAFF

## Sportsfest aimed at beating winter blahs

From Page 1

"Once the trails get packed down by hikers you can ride it," he said.

Preparation for Sunday's race included taking shovels and a snowblower to the course.

The race for which a \$40 entry fee applied benefited ShortHills Cycling Club and its ongoing efforts to not only develop trails in the provincial park but elsewhere in Niagara.

Kerton said Niagara cyclists are hoping the City of Port Colborne can officially designate riding trails so that they can be marked and signed.

Also Sunday, on the eastern outskirts of the city, Port Colborne and District Conservation Club opened its doors for everyone — not just its 35 member families.

Club treasurer Kathy McQuire said the annual event is a chance to showcase the clubhouse on Second Concession and what else club members are involved in, including archery, its 444 walleye tournament and its pickled hatchery.

"It attracts people from not just Port Colborne, but other outlying areas," she said.

In previous years the event has attracted teens new to hunting. Youths can obtain a Firearms Acquisition Certificate at the age of 15.

Among people out for an afternoon of skeet shooting Sunday was Amanda Wilson, who only recently acquired her hunting licence.

"I haven't had a chance to get out yet," she said, smiling that at least she got to try her hand at a moving target.

It was also the first time Mike Opdam had shot at clay pigeons.

"It was very hard — harder than I expected," said the hunter more accustomed to a bow and arrow.

The conservation club, which is celebrating its 60th year, adjusted its regular schedule for open skeet shooting (normally the second and fourth Sundays) to coincide with Sportsfest.

Also part of the Sportsfest weekend was the Mayor's Cup Invitational Hockey Tournament, snow golf and Frisbee golf at Whisky Run, and family skating and pool and gymnasium activities at Vale Health and Wellness Centre.

Out back of the centre, softball players competed in snopitch Saturday.

"It's slippery," said Melissa Slipak, who wished the city had done better promotion for an event that fielded only four teams.

Still, players had a good time.

"It's fun, I like this, it's the first time I've played it," said Kyle Sieber.

"You gotta watch when you turn (houses) because your feet can slip right out from under you."

If sports isn't your game, there was also the Artfest exhibit of local painters and sculptors at Roselawn Centre, and at Canalside Puh and Eatery — events there benefited Port Cares — there was a name-that-tune evening of trivia Friday and a wine and cheese tasting Saturday night.

"I had almost double what I had last year," restaurant owner Greg Poisson said of the good turnout of people who Saturday night learned much about the flavour profiles of both wine and cheese.

"Many people were really surprised what food pairing does with drink," he said.

On Sunday afternoon he hosted Canalside's seventh annual soup cookoff.

There were six entries in the soup competition, including carrot and apple cardamom with apple chips and chipotle chicken corn chowder. Visitors for \$10 could taste all and cast votes for their favourite.

Sportsfest, which marked its 15th year, is aimed at beating the winter blahs while bringing the community together for fun and highlighting what the city has to offer both locals and visitors.

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# LOCAL NEWS

## ■ MEDICAL MARIJUANA

# Port bylaws going to pot

**MARIYANNE FIRTH**  
QMI Agency Niagara

Port Colborne wants to have a say in where medical marijuana facilities can set up shop in the lakeside city.

During Monday night's city council meeting, staff recommended the process be started to amend the municipality's zoning bylaw, site plan control bylaw and official plan to regulate and provide provisions for such facilities.

New federal regulations came into effect on April 1 that regulate larger production, processing and distribution of marijuana, and remove the ability to grow in private households.

While licensing of the facilities is under exclusive jurisdiction of the federal government, the producers must comply with all municipal laws and bylaws.

A medical marijuana processing facility, which includes cultivation, packaging and selling, is considered an agricultural use and, as such, is permitted under the city's agricultural zoning, said Port Colborne's director of planning and development, Dan Murrill.

Staff are recommending, however, that a specific defi-



FILE PHOTO

Port Colborne is looking to amend its zoning bylaw, site plan control bylaw and official plan in wake of changes to federal regulations overseeing commercial medical marijuana facilities.

nition for the marijuana facilities be added to the zoning bylaw, and setback provisions be put in place from sensitive lands, including residential properties.

Recommended setback distances will be brought forth at a March public hearing —

date still to be determined.

An amendment must also be made to the industrial zoning designation to allow for cultivation.

This change will require an amendment to Port Colborne's official plan and must be approved by Ni-

agara Region council, Aquilina said.

Staff is also recommending an amendment to the city's site plan control bylaw to ensure provisions such as fencing and lighting are addressed.

Licensed producers will be

required under federal regulations to meet extensive security and quality control requirements, Aquilina said.

Port Colborne has not yet received any notice of commercial facilities intending to set up in the city, Aquilina said. Every proponent, he added, must notify the city, as well as police and the fire department.

Several residents in the Pinecrest Rd. area attended Monday's meeting with concerns a privatized medical marijuana facility already in operation in their neighbourhood would apply to become a larger commercial facility.

Impact on local wells, noise from exhaust fans, intense lighting and the smell during the harvest were all raised as potential issues.

Resident Nancy Misener said the smell, described as skunk, "wakes you up at night" and prevents some area homeowners from opening their windows.

"For the good part of three weeks, you have a pungent taste in the back of your throat."

Ward 3 Coun. Bea Kenny said her property is subject to smells from an Elm St. business in a different sector for

a few weeks each summer, but she knows the company brings employment to the community.

"When people complain, I say 'jobs, or a smell for two weeks'."

Commercial marijuana facilities will be required to have filtration systems to contain odours within the building, Aquilina said.

There needs to be a balance between mitigating issues brought forward by residents while still opening the door to new economic opportunities, Mayor Vance Badawey said.

"It's important it's done right. We have to protect our residents, but don't want to elude new industry."

The process to amend the agricultural zoning bylaw will be expedited in hopes of being completed prior to the April 1 implementation of the new regulations.

Aquilina urged residents interested in being notified of the coming meetings, where the public will have an opportunity to speak, to e-mail him at [dansquilina@portcolborne.ca](mailto:dansquilina@portcolborne.ca).

[marianne.firth@summedia.ca](mailto:marianne.firth@summedia.ca)  
Twitter: @firthmrihtrb

## ■ MUNICIPAL FINANCE

# Port taxes going up by about \$4 in 2014

**GREG FURMINGER**  
QMI Agency Niagara

Less than the price of one Big Mac is what it will cost to average Port Colborne homeowner more this year in blended property taxes.

The city's chief administrative officer, Bob Heil, said Wednesday afternoon that it will be roughly a \$4 tax increase for the year for a typical home assessed at \$170,390, that's a dollar less than the McDonald's fare,

fries not included.

Tuesday night city councillors unanimously approved a tax levy of just under \$13.9 million, representing a 3.73% city tax hike.

But when assessment growth is factored in, plus a drop in education taxes (3.83%) and forecast reduction at the regional level that includes a base shift to the north, the net levy for Port Colborne comes in at 0.14%.

Heil gave credit to the city's

125 full-time equivalent workers who in recent years have been focused on saving taxpayers money.

"Every day staff are trying to find ways to do 'it' with less costs," he said.

That's as simple as saving small bucks on paperclips or thousands on vehicle replacements.

"This is the best team I've worked with," Heil said.

City staff were working toward a directive from city councillors to keep costs in

line with inflation.

But Heil noted that's not always simple — the price of diesel for the city's fleet of plows is one example of how things fluctuate over the course of a year.

"There's always challenges, you lose revenue, things change."

Mayor Vance Badawey also championed his municipal employees for working toward a common goal.

He said the 2014 budget "reflects a very, vibrant,

healthy, active community."

And it's the one that starts to show the "payback" on major capital investments in recent years, such as for Vale Health and Wellness Centre and the Lock 8 skatepark.

Badawey said Port Colborne is now in the position that it can shift it's focus toward enhanced services and programs for residents.

And new this year, council has set aside funds in the budget to the city's voice is "injected" into the province's

\$26-million planning review for a new south Niagara hospital, and the related components of promised supporting urgent care centres.

Badawey said costs continue to be kept in check by also remaining committed to core responsibilities, such as reinvestment in roads, side-walks and sewers, "versus trying to be everything to everybody."

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# INSPORTS NEWS

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# the good samaritan

PASTOR GARY TOMIUCK

**W**ainfleet Congregational Christian Church

The World cares to the young, the powerful and the beautiful. Mother Theresa was no runway model but she was a living model of good Samaritanism. Her catwalk was the smelly streets of Calcutta far from the glitter and buzz of popping cameras and the constant howls of the vicious paparazzi. She had no qualms about dressing the ragged, infested wounds of the diseased and the dying. She had compassion for the poorest of the poor seeing Jesus in everyone.

In contrast, Lady Diana who was tragically killed around the same time received far more media coverage and public frenzy swollowing up the life of an old haggard Nun who was not physically beautiful or pretty but incarnated love and mercy helping people to live and die with dignity.

This is the beauty of an inner Spirit which is priceless in the eyes of God. The parable of the Good Samaritan like everything else in the Bible was not written in a vacuum. It was written and answered in the context of question posed to Jesus by a self righteous lawyer wanting to know

what he could do to inherit Eternal Life (Lk 10:25). Perhaps he secretly said to himself "I am going to earn my way to heaven. I am going to impress Jesus. I am going to shock Him with my knowledge of the law. I am eloquent and refined. I am a pure professional in my field." He quoted the first and the second commandments perfectly. Was Jesus impressed with him? No, Jesus knew his heart as surely as He knows the hearts of everyone.

The Lord said with consummate wisdom: "Do these two commandments and you will live" (Loving God and Man). It is a lot easier doing these two commandments than merely quoting them. (Lk 10:29).

Then Jesus tell this lawyer and by extension us one of the most well known parables, probably second to the parable to the Prodigal Son in family lore. The Lord tells him about a man going down from Jerusalem to Jericho. The road from Jerusalem to Jericho is about 17 miles long and along that stretch it drops 3,300 feet. The area is virtually uninhabited and without vegetation. There were many cliffs and people were robbed by bandits hiding behind the limestone rocks.

The crux of this story revolves around a badly

injured man and the response of the priest, the Levite, and the Samaritan to him. **THE PRIEST:** He may have been riding along on a donkey while the injured man heard the slow plodding of donkey hooves waiting for that hopeful silence that the donkey had stopped and the possible voice of help was on the way. He heard neither. After one look the priest and his donkey moved on leaving this man without any help or hope. Maybe someone else would come along. He'd better get out of there fast. He might be seen by someone and that would not look good for his reputation. After all he is "very Religious." Maybe he was going to or coming from the temple and he wouldn't touch this injured man. He might be dead for all he knew. So this priest is caught in a conflict. The first commandment is to Love your Neighbor (Lev.19:18) and the other commandment is to avoid ritual defilement (Lev.21:16). And the priest opts for the latter. Seeing the wounded man in his dire need should have trumped all other considerations. So he passed by on the other side.

**THE LEVITE:** is also "very religious" as well having responsibilities in worship in the temple. The pattern repeats itself. The Levite may have

followed his uncaring mentor. It's now 6 for 2.

**THE SAMARITAN:** will he also ignore that dire need of the badly injured man? Will he cross that road? or will he pass by on the other side? NO, he 1. **BREAKS BARRIERS:** he is color blind to race, religion, or class distinctions. He puts his life on the line for this man. He could have been robbed and beaten himself. 2. **THE BENEFACTORS:** HIM-he showed compassion to this man. That word Compassion is the strongest in the Greek language. In Hebrew the word compassion is **CHESD** which means the person for whom I have a right to expect nothing gives me everything. 3. **HE BANDAGES HIS WOUNDS:** The Samaritan poured oil and wine into his wounds. The wine as an antiseptic and the olive oil would have been soothing. He then put this injured man on his own donkey and walked beside the donkey to an inn, telling the innkeeper after giving him money saying "whatever more you spend, when I come again I will repay you." (vs 35).

Do we show mercy to others? Who is our neighbor? Anyone who has a need. Who is the ultimate Good Samaritan-Jesus-who 1. Breaks Barriers with us. 2. Who Benefited us. 3. Who Bandaged our wounds (spiritually) and who says to all of us GO AND DO LIKEWISE.

# Throwing 92,000 people under the bus

**W**elland residents have a lot riding on an election in which they can't vote.

The outcome of the Niagara Falls by-election today could decide if the Rose City continues to have a hospital, or another boarded-up building.

While NDP candidate Wayne Gates vowed to fight to retain existing hospitals in south Niagara while moving forward with plans for a new Niagara Falls hospital, both Progressive Conservative candidate Brad Maves and Liberal lawyer Morocco have made it perfectly clear they are more than willing to sacrifice a hospital that serves 92,000 people in Welland, Port Colborne, Pelham and Wainfleet to build a new hospital in their city.

Morocco even brought Health Minister Deb Matthews to her city to officially decide that Niagara Falls would get a new 141 Mahat hospital — not Welland — and all other hospitals including Welland's would close as a result.

"We are taking our time and spending the money on planning to make sure we get the hospital the people of Niagara Falls and the Niagara Falls area deserve," Matthews said on Monday.

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**LETTERS TO THE EDITOR:** Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

What about Welland? It gets an urgent care centre. Hell, they can have two glorified walk-in clinics located in rented office space in strip malls.

Apparently, they feel that's what the people of Welland want.

South Niagara residents are being told that more than 1,000 people were consulted before this decision was made — 1,000 people who must have said, "Welland doesn't need no hospital. We ain't never get sick no how."

Yet those 1,000 people from among the 92,000 people who truly live in the area defined by the Local Health Integration Network as south Niagara — the communities of Welland, Port Colborne, Pelham and Wainfleet?

Just to be clear — Niagara Falls, as defined by the province's LHIN, is in east Niagara.

It probably wouldn't have mattered much, anyway. The decision-makers don't seem to be interested in listening to what south Niagara residents have to say.

A September 2012 report by Pollara Strategic Insights asked for the opinions of people from all over Niagara — including St. Catharines where another new hospital was just opened, and

Grimsby which is served by a hospital operated by Hamilton Health Sciences.

Although 76% of survey respondents supported building a new south Niagara hospital, when they learned it would mean closing all existing hospitals in the process 60% opposed the plan.

But that didn't seem to matter. For health-care decision-makers, public consultation seems to be a matter of explaining why they're right and you're wrong — rather than actually listening to what the people want and need and trying to find a way to provide it to them.

The decision-makers say they also talked to medical professionals who spoke about the benefits of a consolidated site, about "critical mass" and "centres of excellence."

Medical professionals in Welland have had plenty to say on the subject, too. They have repeatedly expressed grave concerns about the recommended changes. Wouldn't the concerns by medical professionals with a vested interest in the communities they serve carry more weight than someone an hour and a half away?

Meanwhile, 22,000 people from south Niagara signed a petition asking that Welland hospital be

maintained.

Not surprisingly, that petition was ignored.

Welland residents, for the most part, don't want a new hospital. The one they have is just fine. Millions of dollars have been invested in that building during the past decade — a new ER and dialysis unit are just a couple of the recent upgrades. It could use a little bit of sprucing up in some of the older sections, but for the most part it serves the people of south Niagara as it was meant to.

Despite the growing resentment in this community, largely fueled by Niagara Falls by-election rhetoric, the Welland residents would support the idea of building a new Niagara Falls hospital for that community — just please don't destroy Welland hospital in the process.

Hopefully the majority of voters in Niagara Falls, Port Erie and Niagara-on-the-Lake won't be as willing to throw 92,000 of their neighbours under the bus, as some of their politicians seem only too willing to do.

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# LOCAL NEWS

## SHIPS THAT PLY THE LAKES

The Baie Comeau was one of the new ships added to the Canada Steamship Lines fleet in 2013. An ear-

The Baie Comeau was one of the new ships added to the Canada Steamship Lines fleet in 2013. An earlier vessel of this name briefly operated on the Great Lakes in the 1950s.

There are some interesting similarities between the two ships. Both were built overseas, with the original a product of the Atlantic Shipbuilding Co. of Newport, Monmouthshire, England and the new vessel coming from China. And both vessels were the maximum size for the locks of their day.

The first Baie Comeau arrived on the Great Lakes in the fall of 1954, and at 79.55 metres in length it was a tight fit in the chambers of the St. Lawrence Canals.

The 2013 ship of this name is 225.55 metres long, the most allowed in the locks of the modern Seaway.

The early Baie Comeau was

designed as a newsprint carrier and served the Quebec & Ontario Transportation Co. After only part of one year, the company changed the name to Joseph Medill Patterson in 1955. As such, the latter sailed on the lakes until 1967.

It also carried grain and perhaps coal. The ship made occasional stops to load paper at Thorold or Baie Comeau, Que.

The vessel opened the 1967 season at Goderich on April 16, 1967 but arrived at Port Dalhousie on June 12 and was retired. Following a sale to Shallow Draft Bulk Carriers, the vessel departed in November for a new career on salvator.

Renamed Exuma Sound, the ship headed to the West Indies after a refit at Halifax.

In later years, registry shifted to the Cayman Islands and then Panama. The name was changed to Rita II in 1974 and the vessel was spot-



Baie Comeau

AL SYKES COLLECTION / SPECIAL TO QMI AGENCY NAGARA

ted at New Orleans that year; at Miami in 1975 and anchored on the Delaware River in 1976. A deck crane, equipped with a

clamshell, was observed on the latter occasion.

Lloyd's Register, which keeps track of ships, deleted the

former Baie Comeau from its listings in 1986 with the notation "existence in doubt."

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# LOCAL NEWS

## LAW

# Surgeon restricted after sex abuse allegation

An orthopedic surgeon from Welland has been barred from being alone with female patients, after an allegation that he sexually abused an 18-year-old woman.

Although the allegations against him have not been proven, the College of Physicians and Surgeons of Ontario imposed restrictions on Dr. Jamal Rakem on Jan. 31 preventing him from any professional encounter with female patients of any age in any jurisdiction, unless they are in the presence

of a female regulated health professional approved by the college.

The CPSO discipline committee has yet to scheduled a date for the hearing looking into professional misconduct allegations against Rakem, listed on a Notice of Hearing posted on the college's website.

The Notice of Hearing says the allegations against Rakem stem from a June 12, 2012 incident involving an 18-year-old female patient.

Rakem was unavailable to

comment. His office receptionist said he'd taken a few months off.

### Wellanda walks again

Wirkwaller Nik Wellanda, his wife and other members of his family will be performing shows this summer at the Darien Lake theme park near Buffalo.

The announcement was made Wednesday by park officials. Plans include Wellanda and other aerialists performing twice daily from June 23 through Labour Day on Sept. 1.

The 60-minute shows will take place inside the park's Galaxy Theatre. There will be no shows on Mondays.

"The level of entertainment Nik will bring to our guests this season is unprecedented," said Vince Nicoletti, director of marketing at Darien Lake. "Nik Wellanda holds seven world records and he's coming with the world's best aerialists and stunt performers in tow. This truly will be an incomparable entertainment experience."

Wellanda walked across Niagara

Falls on a high wire on June 15, 2012. The event was viewed around the world by 13 million people. Last year, he also walked across the Grand Canyon.

"My family and I are thrilled to be back in the area and spending our summer at Darien Lake," said Wellanda. "With more than one million people coming to the park every season, it's the perfect location for our act and we can't wait to get started."

All performances are included in the price of park admission and for Darien Lake vacation guests.

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Information is provided for reference only. For specific health issues consult your local natural health practitioner.

## INTERNATIONAL WOMEN'S DAY

# Roselawn celebrates women

Port Colborne's Roselawn Centre will be Celebrating Women in the Arts on March 1.

The International Women's Day event will raise money for the Friends of Roselawn to hire female artists for after lessons and workshops at the arts centre.

The day will include live performances by Brannagh Burns, Broadband, Adrienne Smoke and WomEnchant, and an art exhibition featuring local female

artists in the mediums of woodcarving, water colour, pottery, photography, headwork and acrylics.

Doors open at noon, with live theatre performances to start at 1 p.m. The event will wrap up at 6 p.m.

Cost is \$25 for adults 18 and older and \$15 for students and seniors.

For more information, contact organizers Nancy Misener at 905-835-8817 or Karen McColburn at 905-380-0543.



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■ **GREEN ENERGY:** Bradley says environment ministry will have final say

# West Lincoln group demands wind turbine cancellation

**DON FRASER**  
QMI Agency Niagara

A group opposed to wind turbines in West Lincoln is demanding the cancellation of the project due to setback violations.

The group said three of five industrial wind turbines at the location in the west part of the township were constructed in violation of provincial regulations.

In a news release, West Lincoln Glanbrook Wind Action Group said the violations in property boundary setback requirements were confirmed by an Environment Ministry official.

However, another official told the group "a new precedent will be set to legitimize the ... deficiencies" by letting the wind company get retroactive permission from affected neighbours to accept reduced turbine setback distances from their property boundaries.

"Once again, the wind industry is not in compliance with regulations," said action

group co-chair Deb Murphy.

"People don't want the turbines there, they're not sited properly and they want them gone!"

Murphy said "It seems like the wind industry never has to follow the rules, and we're saying 'Why not?'"

Rankin Construction is building the turbines and is 50% owner of the turbine company Vineland Power Inc. Rankin president Tom Rankin said the setbacks at issue relate to farmers' fields, and not to residences.

"It does not impact any homes," he said.

"We're not in violation of setbacks from any of the homes."

"They're making a mountain out of a molehill ... are the farmers' fields in any danger from this? They're grasping at straws here, as far as I can see."

Rankin said the project is nearing its final stages and could be ready for start-up in a month.

The wind action group and other opponents say if the five turbines are

permitted to operate, residents nearby fear the possibility of health impacts, property devaluation and harm to local bird and bat populations.

Ontario Environment Minister Jim Bradley said his ministry is

aware of the setback issue and is "taking appropriate steps to ensure compliance with the provincial setback requirements."

"The turbines cannot operate without this matter being resolved to the satisfaction of the ministry,"

he said in a statement.

West Lincoln Mayor Doug Jenner said for the time being he preferred not to comment on the matter.

don.fraser@summedia.ca

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# LOCAL NEWS

■ **BOOKS:** Libraries committed to freedom to read



MELISSA MANGELSEN/TRIBUNE STAFF

Jennifer Parry, director at the Port Colborne Public Library holds a copy of *The Call of the Wild*. The book was one of many books that has been challenged over the past several decades. Freedom to Read Week will be recognized Feb. 23 to March 1.

## The following may offend you

MELISSA MANGELSEN

Report Staff

"In this library there should be something in here to offend everyone."

Those are the words of Jennifer Parry, director at Port Colborne Library, which is about to recognize Freedom to Read Week.

"We don't censor or cater to one group," she said.

It's hard to imagine walking into a library and not seeing a copy of *To Kill a Mockingbird*, *Of Mice and Men*, *Snow Falling on Cedars* or *Bridge to Terabithia*.

Librarian Susan Therrien said the freedom to read can never be taken for granted. Even in Canada.

Feb. 23 to March 1 is Freedom to Read Week across Canadian libraries. It's something the Port Colborne library has participated in for more years than Parry can remember.

"Everyone has the right to read what they want to read. There are still a lot of challenged books out there. The Freedom to Read Week is a long-standing tradition in Canadian libraries," said Parry. "Books have been banned for various reasons for centuries. All it is a form of censorship."

Books have been banned for religion, sexuality, race and genetics. Freedom to Read Week brings to the forefront the fact that books are removed from the shelves in Canadian libraries, schools and bookstores every day.

"Free speech on the Internet is under attack. Few of these stories make headlines, but they affect the right of Canadians to decide for themselves what they choose to read," said Therrien.

What offends one, may not offend another.

See **BOOKS** on Page 9

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# LOCAL NEWS

## BOOKS

### Libraries unite to protect freedom to read

From Page 8

"We're here for everyone in the community and we're not willing to block access to anything. We serve the unique needs of this community. The books we choose to bring in are based on requests and the demographics of our community," said Parry.

Under the Canadian Charter of Rights and Freedoms, all people in Canada have the fundamental right to have access to all expressions of knowledge, creativity and intellectual activity, and to express their thoughts publicly. Under Canadian law the right to intellectual freedom is essential to the health and development of Canadian society.

"We are opposed to the detention, seizure, destruction or banning of books and periodicals and any effort to deny, repress or sanitize."

"Censorship does not protect society, it smotheres creativity and precludes open debate of controversial issues," said Parry.

Freedom to Read Week is an annual event that encourages Canadians to

think about and reaffirm their commitment to intellectual freedom, which is guaranteed under the Charter of Rights and Freedoms.

Each challenge sought to limit public access to publications in schools, libraries and elsewhere.

"Because some of the chal-

lenges are dismissed, the publications remain on library shelves or curriculum lists," said Parry.

Some challenges are never pursued by the original complainant.

"A book or magazine with a controversial reputation can be quietly dropped from reading lists

and curricula. This interference can be most insidious — quiet acquiescence to the scare tactics that would-be censors know how to employ," said Therrien.

For more information on Freedom to Read Week visit [www.freedomtoread.ca](http://www.freedomtoread.ca) or [www.portcolombelibrary.org](http://www.portcolombelibrary.org).

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## LOCAL NEWS

## COURT

## Maddie's killer gets life

KARENA WALTER  
(CN Agency Niagara)

This cannot be true. This cannot be my life. This is all a horrible dream.

Every morning, Maddie Hood's mother wakes with these thoughts.

Then she forces herself to envision her 19-year-old daughter in the coffin, covered up to her neck to hide all the wounds.

"This is the image I will forever see as I try to learn to accept the reality of my life without Maddie," Colleen Hood said in court Tuesday.

Maddie's killer, Cassell Farnsworth, just 19 at the time himself, was sentenced to life in prison with no chance of parole for 12 years.

He pleaded guilty to second-degree murder in November for the July 7, 2012 death of Maddie in her St. Catharines apartment.

But Farnsworth wasn't being

led away until the people who loved Maddie told him exactly what he had taken from them.

An affectionate, loving girl with a witty sense of humour. A voracious reader about to start at Brock University. Outspoken, stubborn, unconventional, emotional, fiercely loyal, serious, funny, brilliant.

Her mother was the first to deliver an emotional account of her relationship with their daughter, standing in court for more than 20 minutes while friends and family wept.

"She loved me without reserve, in a way that only daughters love their mothers," she said. "I will never be loved in that way again." The murder has decimated Hood, a professor at Brock who says she's now a shadow of her former self. It has filled her father, who made the trip from British Columbia, with a profound sense of loss. It has devastated her family from the west coast

to the east.

Even the judge could not disguise the emotional impact he felt from 10 victim impact statements.

"When I became a judge, I was told you shouldn't show emotion in a courtroom. Whoever said that has never been a judge," Superior Court Judge James Turnbull said, his voice cracking.

He said everyone in the courtroom, including the staff, were moved.

"As a father, I can't even fathom what you folks are going through."

All the while, a smiling Maddie looked out on the scene from a picture frame perched on the witness box, where her mother had placed it.

She was found dead by firefighters in her rented basement apartment on East Hampton Dr., off Glenfield Ave. east of Glenfield Ave.

She had been beaten, strangled and stabbed multiple

times, before her apartment was set on fire, leaving burns to 28th of her body.

The cause of death was due to neck compression.

The court heard Maddie and Farnsworth had previously been involved in a romantic relationship. Hood was involved in low-level drug dealing, selling mostly marijuana and some cocaine supplied by Farnsworth. At the time of her death, she owed Farnsworth an undisclosed amount of money.

Farnsworth, now 21, chose to address Maddie's family from the prisoner's box.

"I want to express how sorry I am for what I did to your family," he said, facing her mother as he read from a paper in his shackled hands.

He said he didn't plan for this to happen when he visited Maddie that day, adding she was a really good person and a lot of people liked her.

"I don't expect any of you to

forgive me. All I can hope for is you one day find peace."

He then turned and apologized to his family, who sat on the opposite side of the courtroom, and told them he loved them.

"He made a terrible mistake that he'll have to pay for for the rest of his life," his lawyer Michael DeGobbo said.

Reference letters from Farnsworth's family described a loving brother and son who grew up without a father and stepped up, walking his sister to school and always looking out for her.

A good student, he graduated from Sir Winston Churchill Secondary School as an

Ontario scholar and was working full-time at Travelex until the day of the murder, by all accounts an excellent worker.

"His mother wrote that when she received the call from police, she could not believe her son was capable of what they were saying."

"This incident has changed all of our lives," Rebecca Farnsworth wrote.

The judge told Farnsworth he hoped he understood the ripple effect of his "savage" and "shameful" actions.

"Don't ever underestimate what you've done."

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## Port Colborne Operatic Society presents its 2014 production

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## Insurers reduce medical/rehab benefits

**M**ore heartache for families of catastrophically injured accident victims.

Late last year the Ontario government reversed a ruling of the Ontario Court of Appeal that made it harder for auto accident victims to obtain medical-rehabilitation benefits.

This attack on no-fault accident benefits was accomplished through a regulation, a

cabinet decree, Dec. 11 and printed in the Ontario Gazette Jan. 4. The changes came into force on Feb. 1.

There was no public debate, consultation or advance warning.

One change impacts the ability of accident victims to access more than \$3,500 in medical rehabilitation benefits.

When the government reduced accident benefits in 2010, it created a category of minor injury claimants who were limited to

a maximum of \$3,500 in medical/rehabilitation benefits. The actual limit is much lower, however, since the \$3,500 includes the cost of medical assessments.

But the minor injury rules were set up with a safety valve. Victims could access up to \$50,000 in medical/rehabilitation benefits if their health practitioner established they had a pre-existing medical condition that would prevent them from achieving maximum recovery if they were subject to the \$3,500 limit.

But as of Feb. 1, that safety valve has been limited so it applies only to pre-existing medical conditions that had been documented by a health practitioner prior to the accident. This will reduce the number of people who qualify for more than \$3,500 in medical/rehabilitation benefits.

The FIA Association of Victims for Auto Insurance Reform estimates 85% of accident victims are only covered for the \$3,500 in benefits, so it doesn't appear there was a pressing need for this change. There was no need for it to be done without public consultation.

The other change is more insidious, as it overruled a July 2013 decision of the Ontario Court of Appeal involving payments of attendant care benefits to family members of accident victims.

Attendant care covers all aspects of care including dressing, feeding, bathing, administering medication and so on. Unless optional coverage is bought, the maximum amount payable for attendant care benefits for catastrophically injured victims is \$6,000 per month. Attendant care benefits are only provided if certified as necessary by an occupational therapist or a nurse. Insurers have the right to challenge any attendant care needs that have been certified as necessary.

The Court of Appeal decision involved a young male rendered paraplegic following a car accident. His attendant care needs were assessed and certified at \$9,500 per month. The insurer conceded the attendant care needs were reasonable and necessary. Instead of hiring full-time caregivers, the mother gave up full-time paid employment,

where she earned \$2,100 per month, to provide care for her son on a 24-hour-per-day basis. The insurance company took the position it was only responsible to compensate for attendant care benefits up to \$2,100 per month, the amount the mother gave up by staying home to look after her son.

The Ontario Court of Appeal disagreed, ruling the law was clear; the insurance company was required to pay \$6,000 per month for the attendant care benefits.

That decision has now been over-turned. As of Feb. 1, attendant care benefits are capped by the economic loss sustained by the care provider.

According to personal injury lawyer Darcy Merkuz, this change "discriminates against persons not currently in the workforce, like retirees, stay-at-home parents, and the unemployed, who are restricted from being compensated for providing needed and valued care to their seriously injured loved one."

Well, at least one who has the ear of this government.



AARON BOGGIO  
R.P.H.S.C.P.H.M.

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*Pharmacists*



LARRY BOGGIO  
R.P.H.S.C.P.H.M. (owner)

**PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE  
YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE**

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, your patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIONS TO HELP YOU QUIT SMOKING. PATIENTS WHO MAY WISH TO TRY THIS METHOD OF QUITTING CAN NOW BE ASSESSED BY THEIR PHARMACIST - WHO WILL USE THEIR PROFESSIONAL JUDGEMENT TO DECIDE IF IT IS RIGHT FOR YOU. THIS MEANS THAT YOU WILL NOT HAVE TO WAIT TO SEE YOUR DOCTOR IN ORDER TO GET ON THE PATH TO BECOMING SMOKE-FREE AND THE PHARMACIST CAN BE INVOLVED THROUGHOUT THIS SOMETIMES DIFFICULT PROCESS.
2. PHARMACISTS MAY BE ABLE TO RENEW YOUR PRESCRIPTIONS WITHOUT YOU HAVING TO SEE YOUR DOCTOR FIRST. YOUR CONDITION AND YOUR MEDICATIONS MUST BE STABLE. FOR EXAMPLE, THIS MAY APPLY TO PATIENTS WHO HAVE WELL-MANAGED CHRONIC CONDITIONS LIKE DIABETES OR HIGH BLOOD PRESSURE. THIS NEW REGULATION DOES NOT APPLY TO NARCOTICS AND SIMILAR SUBSTANCES AND DOES NOT ELIMINATE THE NEED TO SEE YOUR DOCTOR FOR PROPER FOLLOW-UP AND MONITORING.
3. PHARMACISTS MAY ALSO MAKE CERTAIN CHANGES/ADAPTATIONS TO YOUR DOCTOR'S PRESCRIPTION IF NECESSARY BASED ON PROFESSIONAL JUDGEMENT. FOR EXAMPLE, THEY MAY CHANGE THE DOSAGE FORM (TABLETS/CAPSULES/LIQUID) OR THEY COULD ALTER THE DOSING REGIMEN AND POSSIBLY EVEN THE DOSE TO SUIT YOU BETTER. AS ALWAYS, ANY CHANGES WOULD BE DONE WITH YOUR CONSENT AND THE PHARMACIST WOULD SHARE THEM WITH YOUR DOCTOR.
4. PHARMACISTS CAN NOW BE EVEN GREATER ASSISTANCE IN HELPING TO DEMONSTRATE HOW TO USE YOUR DEVICES. IF YOU ARE A PATIENT WHO USES AN INHALER OR HAS SELF-ADMINISTERED INJECTIONS, YOUR PHARMACIST CAN NOW USE THE REAL DEVICE TO SHOW YOU HOW TO USE IT, RATHER THAN USING A MODEL ONE. PHARMACISTS WHO ARE ABLE TO ADMINISTER INJECTIONS IN ORDER TO TEACH YOU HOW TO USE THEM HAVE COMPLETED A TRAINING PROGRAM.
5. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TO PATIENTS FIVE YEARS AND OLDER. THIS WILL PROVIDE PATIENTS WITH MORE LOCATIONS AND GREATER EASE OF ACCESS TO THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamins/supplements you use. Also it is important to talk to your pharmacist about your lifestyle (e.g. the foods you eat and the exercises you do) so they can get the full picture in order to make the best decisions for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medicines.

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## Two charged after assault

Two people face several charges following a home invasion in Fort Erie Monday night.  
Niagara Regional Police say two

people armed with weapons forcing their way into an apartment building on Courtwright St.

The duo broke into a unit and assaulted two people inside. Police said the suspects fled, but were arrested a short distance away. The victims received medical

attention for their injuries.

Police say all parties are known to each other, and that the attack was not random.

Charged with break enter commit assault with a weapon is Darcy Secord, 23, and Catarina Marazzo, 19, both of Fort Erie. Marazzo also faces a charge of uttering threats.

## Shaw's 2014 season

WNE-TV will take an inside look at the Shaw Festival's upcoming season in Shaw Festival 2014 Season Preview airing Feb. 21 at 9:30 p.m.

Anthony Chase, co-host of Theatre Talk will sit down with the Shaw Festival's artistic director Jackie Maxwell and executive director Elaine Calder for a preview of the 2014

season's playbill of 10 productions.

"We are thrilled to be once again collaborating with WNE-TV," said Maxwell.

## Hearty fundraiser

Boston Pizza on Morrison St. will be serving heart-shaped pizzas to guests on Valentine's Day to raise money for charity.

The restaurant will donate \$1 from the sale of each pizza to the Boston Pizza Foundation Future Prospects, which helps children and youth across Canada find and benefit from positive role models.

Also, from Feb. 10 to 14, guests can purchase a scratch card for a minimum donation of \$2 for a chance to win prizes.

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# LOCAL NEWS

■ **KUB KAR RACES:** 'Some of the cars are pretty elaborate'



OREG FURMINGER/QMI AGENCY NIAGARA

Scouts from 9th Welland, 2nd Port Colborne and 3rd Fonthill watch their Kub Kar races Saturday at Seaway Mall.

## These scouts have a need for speed

OREG FURMINGER  
QMI Agency Niagara

The race cars sped silently, but the spectators' roars at times were deafening.

Anyone who ventured to Seaway Mall Saturday was sure to hear the cheers shouted by members from 9th Welland, 2nd Port Colborne and 3rd Fonthill scout packs as they competed in their annual Kub Kars championships.

"I'm having fun," said Josh Benard of the Port Colborne unit.

"I just like racing."

The boys spent the previous week at the mall conducting time trials, which allowed them to make modifications from their scratch-made vehicles if necessary for the big day.

"You have to have a good amount of weight and you have to have a slope in the front so the wind goes over," Roanin Smith said referring to his car's aerodynamics.

"But perhaps even more important, he said, is that 'the wheels have to spin real good.'"

Many of the cars were built at a workshop at Auberge Richelieu, with some guidance and assistance in the use of power tools.

Scouts were given a block of wood, four plastic wheels and weights to adjust their finished product.

Some were made to look like Formula 1 cars, one looked like the Herbie the Love Bug.

"Some of the cars are pretty elaborate," said Bob Fish, pack leader for 9th Welland.

"Some of them are really creative — you can see by the paint jobs."

Jackson Ottaway of the Fonthill pack painted his green with a blue racing stripe because they're his favourite colours.

And he was also aiming for the least wind-resistance for when his car was launched down the track at the mall's centre court.

"I made it kind of real flat so the wind goes over it," he said.

The scouts raced in two classes: lightweight to a maximum 112 grams and heavyweight to no more than 142 g. Each car raced 12 times Saturday, always switching lanes to ensure fairness, and the average time was recorded and calculated using a computerized timing system.

Fish said many scouts didn't necessarily know that at the same time they were creating and competing, they were also earning a number of badges, including for carpentry and handicrafts.

"And it's just a little because they're racing cars," he added.

greg.furminger@sunmedia.ca  
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# State of the Art Facility

## LASIK provision

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**Lasik ProVision** is the Niagara Peninsula's only comprehensive refractive centre which deals with the treatment of common visual disorders. The centre was founded in its current location in 1999 and has evolved to a state of the art refractive centre with a global reputation for the laser correction of nearsightedness, farsightedness and astigmatism. It is a world leader in bringing the treatment of Zeiss Laser Blended Vision Vision for the treatment of presbyopic "reading glasses vision" to North America. In addition, the centre specializes in the treatment of cataracts and corneal disorders such as keratoconus.



DR. ANDREW W. TAYLOR  
M.D., F.R.C.S.C., Dip. A.B.O.

*Celebrating over 160,000 procedures*



**F**ounder and medical director, Dr. Andrew W. Taylor, is one of North America's leading ophthalmologists in the use of excimer lasers in refractive surgery. He obtained his medical degree from the University of Toronto in 1991 and went on to complete a specialty residency in ophthalmology, also at the University of Toronto. He then went on to complete subspecialty training in corneal and refractive disorders. He has completed over 100,000 refractive procedures including lasik, photorefractive keratectomy and cataract surgery to date. In addition to his directorship role at Lasik ProVision, Dr. Taylor is an active staff member of The Niagara Health System in the Department of Ophthalmology.

Lasik ProVision has evolved in its current location from its original incarnation as Lasik Vision, which brought affordable lasik eye surgery to North America. Dr. Taylor restructured Lasik Vision in 2001 as a founding principal and owner of Lasik MD, which then went on to expand refractive clinics across Canada. In 2005, Dr. Taylor left Lasik MD to focus on more customized patient eyecare. In addition to his base clinic in Niagara Falls, he underwent an international expansion to London, England, Brussels, Belgium and the United States. Currently, in addition to his work in Niagara Falls, Dr. Taylor is involved in the development of a comprehensive ophthalmic centre in Toronto.

"What is exciting now in refractive laser eye surgery is the safety of the procedure and the range of treatment options now available for patients. It is rare that a patient cannot benefit from refractive surgery," says Dr. Taylor. "The greatest development in recent years has been the use of the femtosecond laser for the creation of the flap upon which the lasik procedure is based. Not only does this create a thinner and more uniform

flap which leads to better optical outcomes, it alleviates the need for a blade and cutting microkeratome which was for many patients the biggest hurdle preventing them from having refractive lasik surgery. The safety factor is so great, I no longer utilize the microkeratome blade in lasik eye surgery". Dr. Taylor has extensive experience on several laser platforms. "While we started with the Bausch and Lomb platform in 1999, the industry has moved forward to provide greater customization for the unique optical errors of each individual patient. At Lasik ProVision, we have the WaveLight Allegretto platform but we are increasingly shifting to the Zeiss Meditec MEL 80 platform with the VisuMax femtosecond laser. "This platform in my belief delivers the optimal reshaping of the cornea to maintain the natural corneal shape for optimal optical correction and customization. Zeiss Laser Blended Vision is unique in the treatment of presbyopia or "reading glasses vision". It is the only excimer laser platform that predictably increases the range of vision so patients can see at near, intermediate and far without the loss of stereovision. This is truly exciting. Previously, and on other laser platforms, we could only treat with monovision with one eye corrected for far and one eye corrected for distance. This left patients with a loss of intermediate vision and reduced stereoacuity. It worked, but Zeiss Laser Blended Vision works so much better."

What is the future of refractive surgery? "The future is continuing to refine the refractive outcome with ever safer and less invasive procedures. I am very excited that within the next year, we will begin to fully utilize the femtosecond laser's potential, going beyond the creation of better flaps to conducting the entire laser procedure within the cornea without a flap. This may sound like science fiction, but it is a reality and I am honoured that Zeiss has chosen to partner with Lasik ProVision in Niagara Falls to bring this technology to North America.



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# INPORT DATEBOOK



PORT COLBORNE

City of Port Colborne

**New Port Colborne Operations Centre Project  
Notice of Public Information Centre No. 2**

The City of Port Colborne has initiated a Municipal Class Environmental Assessment to complete a functional preliminary design for the New Operations Centre which will combine the Central Operations Facility and the Parks Division. The City wishes to examine options to meet current and future maintenance operations demands and to provide a working environment consistent with other City operations.

The study is being conducted in compliance with the Municipal Engineers Association "Municipal Class Environmental Assessment" guidelines. The study is being conducted in compliance with Schedule "C" of the Municipal Class Environmental Assessment, which is approved under the Ontario Environmental Assessment Act. A key component of the study will be consultation with interested stakeholders. Three Public Information Centres will be held to provide interested parties the opportunity to review and discuss issues related to the project, including existing conditions, an assessment of alternative locations, selection of the preferred alternative location and environmental conditions.

As part of the public consultation for this project a Public Information Centre is being planned to provide interested parties with an opportunity to review the identification and assessment of alternative locations identified by the project's Technical Advisory Committee. The second of three Public Information Centres is to be held as follows:

Date: Monday, March 10, 2014  
Time: 5:00pm – 6:30pm  
Location: Council Chambers  
City of Port Colborne  
66 Charlotte Street  
Port Colborne, Ontario  
L3K 3C8

Those attending will have an opportunity to meet with the Project Team, review the study scope and discuss issues related to the project, including existing conditions, possible alternatives and environmental considerations.

If you are unable to attend the Public Information Centre, but have comments or questions regarding the project, please contact:

Jim Huppenen  
Manager of Engineering Services  
City of Port Colborne  
66 Charlotte Street  
Port Colborne, Ontario  
L3K 3C8

Phone: 905-835-2901 ext. 221  
Fax: 905-835-2939  
Email: [pcoc@portcolborne.ca](mailto:pcoc@portcolborne.ca)

## FEBRUARY 20

### LEGO

at Wainfleet Township Public Library 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

## FEBRUARY 21

### TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 p.m. at Old Pelham Town Hall, 491 Canboro Rd. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes. Put together a team of eight for a fun night out.

### FISH FRY

at the Royal Canadian Legion Legion Branch 4 banquet hall, 4 p.m. to 7 p.m. Haddock, french fries, cole slaw and bun for \$9 a person.

## FEBRUARY 22

### WRITING WORKSHOP

with Larry Brown at Pelham Public Library. Bring your pen and lots of paper, or your laptop, and your enthusiasm. Suitable for beginners and more experienced writers. Brown, of Bramford, is the author of two story collections, *Talk* (Oberon Press 2009) and *Satellite* (eBook, Kobo Books 2012). This event costs \$50 and runs 10 a.m. to 3 p.m. Register in advance.

### SOUPERIFIC TASTING

Receive your passport to sample eight soups from around the world, at Central United Church, 12 Young St., Welland. Sitings at 11 a.m. and noon. Tickets are \$10 in support of Welland Heritage Council and Multicultural Centre. Call 905-732-5337 for tickets; only 300 available.

### CHANGE YOUR MIND

Change Your Life Workshop, Emotional Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Time 1:30 p.m. to 4:30 p.m. at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3216 to reserve a space.

### PROGRESSIVE EUCHRE

hosted by Fonthill Lionsess at the Fonthill Lions Hall, 7 p.m., \$5 a person. Light meal served. Prizes.

## FEBRUARY 24

### ADULT BOOK CLUB

at Wainfleet Township Public Library at 6:30 p.m. This month's selection is *Armie's Fabulous Travelling Funeral*, by Kris Radish. To obtain a copy of the book, please register as a book club member.

Continued on Page 22

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### From Page 20 THERAPY TAILS

is at Port Colborne Public Library, 6:30 p.m. to 7:30 p.m. Children are invited to drop by and tell a tale or two to a Therapy Tails dog.

### PELHAM HORTICULTURAL

Society meets 7:30 p.m. at the Fonthill library, Tony Post, sales consultant at Valleybrook Gardens, speaks on new perennials for 2014.

### WAINFLEET HISTORICAL

Society meets 7:30 p.m. in the Patrons of Industry Hall in Marshville Heritage Village. The topic will be Appalachian history on the Blue Ridge Parkway, presented by WHS members Roland Meisel and Beth Jeffery. Everyone is welcome. For more information, call 905-386-6578.

### HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Runs 10:30 a.m. to 1 p.m.

### FEBRUARY 25

#### AFTER CANCER, NOW WHAT?

Cancer survivorship is a broad term that actually begins at diagnosis. It describes experiences patients must deal with throughout their cancer journey. These challenges can affect mind, body and spirit. Join Lorraine Huley, a radiation therapist and health advocate from Niagara Health Partners, to learn about the challenges survivors face and the resources that are available to manage the "new normal." This

# PORT DATEBOOK



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takes place at Pelham Public Library at 1:30 p.m. Cost \$2. Register in advance.

### FEBRUARY 26

#### THE BLIZZARD OF '77

Erno Rossi, author of White Death: The Blizzard of '77, evokes the triumph and tragedy of the regional natural history event of the 20th century through photos and personal stories during his 7 p.m. presentation at Dunnville Public Library. Admission is free, donations welcome. Reservations are required. E-mail: dunnvilleheritage@gmail.com or call 905-701-6238.

### FILM BUFFS

discussion group meets at Port Colborne Public Library, 2 p.m. to 4 p.m. Members watch films at home and then join the group for discussion and review. All films to be discussed are available in DVD format to borrow from the library. Call 905-834-6512 for details.

### PAINTING WITH MARGARET

at Port Colborne Public Library, 9:30

a.m. to 12:30 p.m. For adults of all ages; \$10 a person. Bring your own paint brushes. Pre-register at the library.

### TAX PLANNING SEMINAR

at Pelham Public Library to address your questions about tax changes, review commonly overlooked opportunities when filing and pass along some strategies that are easily implemented in preparation for future years to save you money. Time 6:30 p.m. Free, but register ahead.

### FEBRUARY 27

#### CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is Alice's Adventures in Wonderland, by Lewis Carroll. To obtain a copy of the book, please register as a book club member.

### FAMILY MENTAL HEALTH

Education Coping Skills Workshops at Port Colborne Public Library,

6:30 p.m. to 8:30 p.m. These workshops are intended for families and significant others who have an adult relative who is dealing with a serious mental health problem and/or for co-occurring disorder. All workshops are free. Registration is required. Call 905-894-6808.

### FEBRUARY 28

#### FREE CA TAX CLINIC

at Port Colborne Public Library. Free tax return preparation. Call the library at 905-834-6512 to see if you qualify and to book an appointment.

### MARCH 1

#### CHILI COOKOFF

hosted by Royal Canadian Legion Branch 56, Port Colborne. Entrance is free and everyone is welcome. Bring your best chili recipe. The cookoff runs 1 p.m. to 5 p.m. Prizes for first, second and third place. Admission is \$5 a person to come out to taste and judge the best chili around.

### MEDITATION

Marcia leads you through different types of meditation, at Pelham Public Library, 2 p.m. to 4 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost \$3; register ahead.

### TO THE MOON AND BACK

fundraiser dinner and silent auction for Niagara Children's Centre is at Sam's restaurant, in honour of local boy Carter Luey, who was

diagnosed with Autism Spectrum Disorder and Fragile X Syndrome. Last year nearly \$4,000 was raised. Tickets for this fundraiser are \$50 a person. Auction donations welcomed. For tickets and more information visit the Facebook event page at [www.facebook.com/events/376672258006477/](http://www.facebook.com/events/376672258006477/), or contact Christina Hall at 905-788-4685 or [Chinch71@hotmail.com](mailto:Chinch71@hotmail.com).

### MASQUERADE BALL

The Hungarian Hall in Welland, 361 Hellems Ave., is holding a pre-Lenten masquerade ball, dinner and dance. Prize for best costumes. Chicken soup, cabbage rolls, beef stew with orzo, salad, coffee, tea and dessert. Live music. Tickets: Adult \$30; student \$7.14; 15 for tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

### INTERNATIONAL WOMEN'S

Day performances and art exhibition at Roselawn Centre for the Arts, 296 Fielden Ave., Port Colborne, noon to 6 p.m. Local female artists: woodcarving, watercolour, pottery, photography, beadwork, acrylic. Cost \$25 for adults; \$15 for seniors and students. For tickets call 905-834-7572 or see facebook.com/CelebratingWomenAndTheArts.

### MARCH 3

#### BOAT OPERATOR'S COURSE

offered by Port Colborne Power and Sail Squadron, March 3, 4 and 5, 7 p.m. to 9:30 p.m. at the Church of Jesus Christ of Latter-day Saints, Welland. Cost: \$70. Register at [www.boatingcourses.ca](http://www.boatingcourses.ca).

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for us. St. Jude worker of miracles pray for us.  
Say prayer 3 times a day for nine days, on 9th  
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## 90-SECOND CIRCULATION BOOSTER

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance, or the increased "senior moments"? The answer to living without what health concerns has been discovered in these health concerns is calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O).

## OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that N-O, in fact, your body don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



## NOBEL PRIZE WINNING DISCOVERY

Three researchers received the 1992 Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role."

## GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenes® Labs has created a revolutionary ozonide, called Neo 40 daily, that makes it easy to restore N-O levels.

Neogenes® Labs' Neo 40 restores your N-O to youthful levels by only taking 30 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

## BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function.

Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

## SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women. Increased blood flow is essential to women's sexual pleasure and health." Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom."

"We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S. of New York.

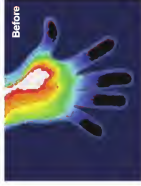


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**Dark = Low Blood Flow**



**Light = Increased Blood Flow**

**Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily.** On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

## NATURAL RESULTS YOU CAN FEEL

Lee L. from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

## BEE & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the plantain combining of red beet and Hawthorn berry.

The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

## BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenges because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

## CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Improve sexual performance through improved circulation
- Support healthy blood pressure
- Support cardiovascular and heart health
- Increase the body's circulation
- Improve artery health

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